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# Description of Mental Health Services for Children and Adults

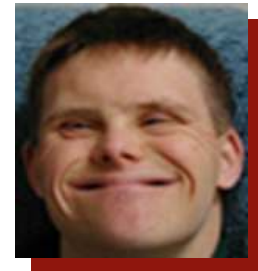
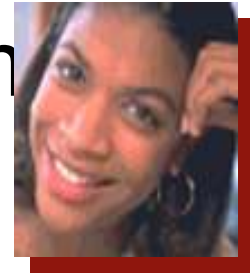
Presented to Joint Legislative  
Oversight Committee on MH/DD/SAS  
October 4, 2006



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# Service Philosophy

- Focus on people living ***where they want, as they want and in charge*** of what happens to them
- Services and supports in communities.





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# **Person Centered Planning**

- This process addresses the whole life of the individual including needs and preferences.
- Addresses the individual strengths and other supports available as well as his service needs.



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**Mental Health Services for children and adolescents**  
focus on the family and build  
upon a the system of care  
framework.



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## **New and Revised Services for Children**

- Diagnostic Assessment
- Community Support
- Day Treatment
- Intensive In-home
- Multisystemic Treatment (MST)
- Mobile Crisis Management



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## **Additional Services for Children**

- Outpatient services such as family, individual and group therapy
- Psychiatric services
- Respite services
- Various types of residential treatment
- Psychiatric Residential Treatment Facilities
- Inpatient treatment



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# **Diagnostic Assessment**

- Definition
  - Intensive, clinical and functional face to face evaluation by two professionals.
  - Explores strengths, concerns, needs, diagnosis
  - Recommendations for Services.
  - Basis of initial Person Centered Plan over next 30 days.



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# **Community Support**

- Definition
  - Services and supports
  - Achieve and maintain goals
  - Meet needs of recipient
  - Acquire skills and skill building
  - First responder





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## **Intensive In-Home**

- Time limited intervention to:
  - Stabilize living arrangement.
  - Promote reunification.
  - Prevent out of home placement.
  - Services more intensive at beginning & decrease as youth/family develop skills.
  - Includes family involvement & is community based emphasizing intensive treatment in various environments.
  - Monitors/manages psychiatric/addiction problems



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# **Multisystemic Therapy**

To enhance skills of youth ages 7-17 & their families who:

- Have antisocial, aggressive/violent behaviors.
- Are at risk of out of home placement due to delinquency.
- Are adjudicated youth returning from out of home placement



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## **Mobile Crisis**

- Rapid response at the site of the individual
- Coordination with law enforcement if indicated
- Assess, stabilize, and link with needed services



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## **What happens when family seeks service?**

- Family selects Community Support Provider
- Diagnostic assessment
- Child and family team develop a Person Centered Plan based on the preferences, strengths, and clinical needs



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# **Young child who fights with everyone**





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## **Course of Services**

- Community Support, Diagnostic Assessment, and Person Centered Plan
- Child receives Intensive In-Home services
- Community Support continues to monitor
- Completes Intensive In-home services
- Community Support continues help with aggression and arranges Respite Service when necessary



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# **Teenage Male with School Problems and Juvenile Justice Involvement**





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## **Course of Service**

- Mobile Crisis
- Community Support, Diagnostic Assessment, and Person Centered Plan
- Multisystemic Therapy





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# **Teenager develops greater ability to be successful in the community**





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## **Adults with Serious Mental Illness**

Focus of these services is on engagement of the consumer, treatment and strategies to manage illness, and moving toward hope and recovery in the community



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## **New & Revised Services Adults with Serious Mental Illness**

- Diagnostic Assessment
- Community Support
- Community Support Team
- Assertive Community Treatment
- Psychosocial Rehabilitation



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## **Additional Services for Adults**

- Psychiatric services and medication management
- Outpatient therapy/counseling
- Supported employment
- Supported housing
- Partial hospitalization
- Crisis services such as Mobile Crisis, Facility Based Crisis, Inpatient hospitalization



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# **Diagnostic Assessment**

- Definition
  - Intensive, clinical and functional face to face evaluation.
  - Recommendations for treatment and services.
  - Basis of initial Person Centered Plan over next 30 days.



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# **Community Support**

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## **Psychosocial Rehabilitation**

- For adults with major mental illness who need a structured day program
- Focus is on individuals' rehabilitation and recovery.
- Activities include community living and personal care skills, social relationship skills, educational activities, and pre-vocational activities



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# **Assertive Community Treatment Teams**

- Comprehensive Intervention provided by a multidisciplinary team
- To promote symptom stability & appropriate use of medication
- To restore personal, community living & social skills
- To promote & maintain physical health
- To establish access to entitlements, housing, work & social opportunities





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**40 year old woman who feels  
she no longer wants to live**





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## **Course of Services**

- Has a Person Centered Plan that includes what to do when depression recurs
- Calls Community Support (1<sup>st</sup> responder)
- First responder meets with her and her husband. They agree there is a high risk of suicide.
- Hospitalized for 3 days. Medication adjusted
- Plan modified to provide more Intensive post hospital contact with Community Support until she was able to return to work.



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# **Young homeless man who has been hospitalized**





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## **Course of Services**

- LME care coordinator arranges for ACTT to meet consumer & hospital staff prior to hospital discharge
- Locates a place to live
- Meets with consumer in the community
- Involves ACTT physician regarding medication
- ACTT staff begins to establish trusting relationship with him
- Together they plan next steps toward consumer's goals



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Possibility of  
future plans,  
including  
recovery  
and  
relationships  
goals

